




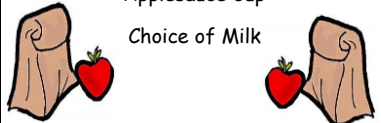



WILSON SCHOOL DISTRICT RIVER ROCK - GRADES 9 - 12



March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BREAKFAST - Select the Entrée Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Meal Prices School Breakfast \$2.05 Reduced Breakfast \$.30 School Lunch \$2.90 Reduced Lunch \$.40</p>	<p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Choice of Milk 1% Chocolate 1% Strawberry 1% White or Skim White</p> 	<p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
<p>School Breakfast Week! Join in the fun the week of March 4 as we celebrate National School Breakfast Week!</p> 	 <p>Check the Food Services website for fun activities and games.</p>	<p>Apple Trivia!</p> <p>How many varieties of Apples are grown in the United States?</p> <p>How many pounds of Fresh Apples do students eat at Wilson per school year?</p> <p>What is the real name of the person commonly known as 'Johnny Appleseed'?</p> <p>What 4 nutrition benefits do apples provide our bodies?</p>  <p>Check the menu website for the answer!</p>		<p>March 1</p> <p>Breakfast Select 1 Entrée Pillsbury Filled Crescent</p> <p>Lunch Select 1 Entrée Walking Taco (Chips, Taco Meat, Cheese Sauce) Select 1 or 2 Vegetables &/or 1 Fruit Side Salad w/ Choice of Dressing Chick Peas w/ Salsa Fresh Fruit & Chilly Mixed Fruit</p>
<p>March 4</p> <p>School Breakfast Week! Bagel w/ Cream Cheese Lunch Select 1 Entrée Brunch Lunch: Pancake Wrapped Sausages w/ Syrup Cup Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Fresh Baby Carrots w/ Dip Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p>	<p>March 5</p> <p>School Breakfast Week! Poptart & Grahams Lunch Select 1 Entrée Berks All Beef Hot Dog on Roll Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Celery w/ Dip Zesty Baked Beans Chilly Peaches or Fresh Fruit</p> 	<p>March 6</p> <p>School Breakfast Week! Yogurt Parfait w/Fruit & Granola Lunch Select 1 Entrée Cheesy Baked Pasta w/ Sauce Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>March 7</p> <p>School Breakfast Week! Iced Cinnamon Roll Lunch Select 1 Entrée Regular Chicken Patty/Roll (Spicy Gr 4-5) Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Golden Onion Rings Steamy Cheesy Broccoli Fresh Fruit or Chilly Pears</p>	<p>March 8</p> <p>School Breakfast Week! Assorted Mini Donuts Lunch Select 1 Entrée Brunch Lunch: Egg McBulldog Sandwich Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice</p>
<p>March 11</p> <p>Breakfast Select 1 Entrée Iced Cinnamon Roll Early Dismissal - Bag Lunch Peanut Butter & Jelly Sandwich Fresh Baby Carrots w/ Dip (2 bags) Applesauce Cup Choice of Milk</p> 	<p>March 12</p> <p>Breakfast Select 1 Entrée Assorted Cereals & String Cheese Lunch Select 1 Entrée Chicken Parmesan Sandwich Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Steamy Mixed Veggies Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>March 13</p> <p>Breakfast Select 1 Entrée Large Muffin Brunch Lunch Select 1 Entrée Philly Cheese Steak Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Golden Tater Tots Crunchy Celery w/ Dip Fresh Fruit or Chilled Fruit Juice</p>	<p>March 14</p> <p>Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola Lunch Select 1 Entrée Beefy Sloppy Joe on Club Roll w/ Cheese Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Oven Baked French Fries Crunchy Broccoli w/ Dip Fresh Fruit or Chilly Pears</p> 	<p>March 15</p> <p>Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Breaded Fish Sandwich Peanut Butter & Jelly Sandwich Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Fresh Veggies w/ Dip Honey Carrot Coins Fresh Fruit or Applesauce</p>

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<p><u>BREAKFAST - Select the Entrée</u> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p><u>Meal Prices</u> School Breakfast \$2.05 Reduced Breakfast \$.30 School Lunch \$2.90 Reduced Lunch \$.40</p>	<p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 ----- Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p><u>Choice of Milk</u> 1% Chocolate 1% Strawberry 1% White or Skim White</p> 	<p><u>LUNCH - Select 1 Entrée</u> Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
March 18	March 19	March 20- 1st Day of Spring	March 21	March 22
<p><u>Breakfast Select 1 Entrée</u> Bagel w/ Cream Cheese</p> <p><u>Lunch Select 1 Entrée</u> Chicken Tenders w/ Dinner Roll Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Crunchy Cucumber & Celery w/ Dip Steamy Peas & Carrots Fresh Fruit & Shamrock Cookie</p>   	<p><u>Breakfast Select 1 Entrée</u> Poptart & Grahams</p> <p><u>Lunch Select 1 Entrée</u> Walking Taco (Chips, Taco Meat, Cheese Sauce) Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Corn Chick Peas w/ Salsa Fresh Fruit or Chilly Peaches</p> 	<p><u>Breakfast Select 1 Entrée</u> Yogurt Parfait w/Fruit & Granola</p> <p><u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger on Roll Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Chilly Applesauce & Ice Cream Treat</p> 	<p><u>Breakfast Select 1 Entrée</u> Iced Cinnamon Roll</p> <p><u>Lunch Select 1 Entrée</u> English Muffin Pizza - Cheese or Pepperoni Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Emoji & Smile Potatoes Crunchy Broccoli w/ Dip Fresh Fruit or Chilly Pears</p>	<p><u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts</p> <p><u>Lunch Select 1 Entrée</u> Mickey's Pizza Wedge Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Crunchy Fresh Veggies w/ Dip Steamy Peas Fresh Fruit & Chilly Mixed Fruit</p>
March 25	March 26	March 27	March 28	March 29
<p><u>Breakfast Select 1 Entrée</u> Iced Cinnamon Roll</p> <p><u>Lunch Select 1 Entrée</u> Beefy Tater Tot Casserole & Rolls Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Golden Tater Tots Romaine Salad w/ Choice of Dressing Fresh Fruit & Chilly Mandarin Oranges</p>	<p><u>Breakfast Select 1 Entrée</u> Assorted Cereals & String Cheese</p> <p><u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Peas Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p> 	<p><u>Breakfast Select 1 Entrée</u> Large Muffin</p> <p><u>Lunch Select 1 Entrée</u> Beefy Hard Shell Taco w/ Cheese Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p> 	<p><u>Breakfast Select 1 Entrée</u> Yogurt Parfait w/ Fruit & Granola</p> <p><u>Lunch Select 1 Entrée</u> Ham & Cheese on Round Roll Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Carrot Coins Fresh Veggies w/ Ranch Dressing Fresh Fruit & Chilly Berries</p>	<p><u>Breakfast Select 1 Entrée</u> Pillsbury Filled Crescent</p> <p><u>Lunch Select 1 Entrée</u> Assorted Fish Entrees w/ Roll Peanut Butter & Jelly Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Crunchy Fresh Veggies w/ Dip Steamy Green Beans Fresh Fruit & Chilly Mixed Fruit</p>